

Removing Blocks

Pick something in your life you are having a hard time creating or an area you feel stuck or blocked. It can be in any area: relationships, finances, job & career, health & fitness, self-esteem, physical environment or anything else. It could also be something you need to do but can't get yourself to do. Close your eyes and then take yourself through the following questions, allowing time to respond to each question.

1. What is an area of your life where you are having a hard time creating what you want or an area where you feel stuck or blocked?
2. What does it feel like when you are trying to achieve that reality?
3. Scan your body for any pain or intense sensation you experience when you focus on that and describe the location of it in your body.
 - a. Describe its shape... its color... its temperature... its texture.
4. Let yourself feel any emotions or feelings that are present in it.
5. Let yourself go back to the first time you can remember ever feeling this way.
 - a. Where were you?
 - b. How old were you?
 - c. Who is around you?
 - d. What is happening?
 - e. Was there a limiting decision you made or a limiting belief you took on there?
6. If you could go back in time and space, from what you know now, how would you coach your younger self? What would you tell yourself? What would you tell yourself about your worth? What new understandings or new interpretations could you give yourself about this event? What strengths or qualities might you have developed from this experience? What is the insight or the perfection in having had this experience associated with the block?
7. Now fast-forward yourself into the future to when you are 80 years old. Look back at yourself at the age you are now, from that perspective. What would the 80-year-old tell your current self? What insight or blessing can you find in this event? What might you not have learned or experienced if you have not had the experience? What advice do you have for yourself? (Long Pause) Now come back to the current you that is sitting in your chair, here in this room.
8. Go back to the shape of the original pain or sensation and describe how it has changed. (Sometimes it will be dissolved and sometimes it will not. If it is not, you just need to start back with the first step.)



9. Now think about your presenting issue. How does it feel now?

10. When you are ready, open your eyes and return to the room.

Identifying and Removing Blocks In Pursuit of Excellence

An area of my life where I feel stuck or blocked or I am having a hard time creating what I want:

The feeling I feel when I think of this is:

Where that feeling manifests itself in my body is:

The early experience I went back to is:

The coaching I gave my younger self is:

The coaching my 80-year-old self gave to me is:

I now feel:
